

FAQs

Is Cuong Nhu good for fitness?

Absolutely. Cuong Nhu practice greatly increases flexibility, balance, strength, speed, and endurance. In addition to our practice of self-defense techniques, every class includes stretching, strengthening and endurance exercises. Because martial arts practice can be heavier on anaerobic exercise, we offer additional fitness classes that concentrate more on cardiovascular health.

What is the appropriate age to begin?

- **Too Young?**

Our Tiger Team is recommended for PreK4 and Kindergarteners. Children must be able to stay focused for the duration of the class. Often their desire to take Cuong Nhu will extend their focus far past their parents' expectations. By letting your child participate in a free class, the lead instructor can assess your child's readiness.

- **Too Old?**

Cuong Nhu welcomes seniors to train. In fact, we WANT you to train because it will do your body and mind good! Seniors can either attend our regular Adult Classes and modify exercises as needed or take our more relaxed Soft Style class. For those nervous about physical limitations, a private lesson is a good place to start. The lead teacher can then suggest a specific training regimen. Our goal is to make every student healthier, so you will never be pushed into the wrong activities for your body.

How much does it cost?

We recommend plans that keep you paying no more than \$15 per lesson, but cost per lesson runs a lot less if you are a monthly member who attends frequently and pays the monthly rate of \$150 for unlimited classes. Taking a free class will help you determine which classes you want to attend. From there, you can decide the most economical plan for you.

We are committed to a "No Test Fee" environment. If studying Cuong Nhu in a Kids' or Adult Class, you will only need to purchase your uniform. Uniforms run about \$30 for adults and \$20 for kids and are a onetime upfront cost.

In the first year, most students take two or three tests, but testing slows down after that as the curriculum becomes more challenging. Students who want to advance in Cuong Nhu rank join the national Cuong Nhu style association (CNOMAA) at their first test. CNOMAA's tax-deductible annual dues are \$35/individual, \$50/family.

At green belt sparring gear is needed, as is the short staff (Tambo). A long staff (Bo) is purchased in three to four years. You can pay very little or a whole lot for these items and get the same effect. When the time comes to purchase such personal training items, we have relationships with on-line stores to find you what you need for the lowest price available.

Do students spar in Cuong Nhu? What about kids?

Students begin partner drills that improve their sparring skills almost immediately but do not engage in free-sparring until they reach green belt. Putting beginners in competitive sparring situations reinforces bad habits. Once a student has a solid understanding of sparring principles and has shown correct spirit in working with partners, sparring becomes one of his or her best developmental drills. Kids are taught to spar once they consistently show proper

respect for themselves, their instructors, and their classmates and demonstrate controlled techniques that will not injure a partner.

Cuong Nhu seems complicated. How does it work as straight-forward self defense?

Cuong Nhu exposes students to many martial strategies so they can discover the approaches that suit them best. Beginners to Cuong Nhu are taught a basic three-part self defense system that is simple and effective. During the first year, this system is practiced rigorously. Even if students only train for a year, they can master the basic self-defense.

How long does it take to get a black belt in Cuong Nhu?

As with any style, there are a number of factors that may speed up or slow down the journey to a Cuong Nhu black belt: attendance, exertion, spirit and leadership, physical ability, and previous experience in martial arts.

Our black belts are the teachers, mentors, and leaders of our close-knit community. On average, it takes about six years to earn a Cuong Nhu black belt for students who apply themselves and attend about three times per week. Becoming a Sensei implies not only accomplishment, but responsibility and the trust of senior Senseis in Cuong Nhu. It is unwise to rush toward black belt too quickly. There is plenty to learn along the path to black belt, and an inordinate focus on that rank can cause students to lose sight of the important material right in front of them.

I've taken another martial art and have rank in it. Can I wear my rank in Cuong Nhu?

When teachers and masters visit our schools to train us or to study alongside us, they and all of their students are welcome to wear their rank and will be recognized. However, if a student, teacher or master of another style begins training in Cuong Nhu, he or she will wear a white belt to indicate unfamiliarity with the Cuong Nhu curriculum. Students with prior experience in a martial art that has principles in common Cuong Nhu generally move more quickly through the ranks.

Will Cuong Nhu conflict with my religious beliefs?

Our code of ethics echoes the call for self-control and service to others found in religion, but religion is not taught in Cuong Nhu. Participants of many faiths find that Cuong Nhu complements their spiritual practice. The brief period of silent meditation at the start of each session serves to mentally signal a transition into the training period. This time may be appropriated as a prayer or simply a clearing of the mind and is personal and unique for each student.